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ABSTRACT

Noting that humans develop according to a genetically encoded timeline and that departure from the timeline limits human potential, this book provides an illustrated practical guide to intervention to help children's bodies work as they should, to nurture children along their developmental timeline, to help children learn "from the inside out." Based on the concepts of assisted healing and repatterning (rather than physical therapy treatments) and physical challenges (rather than physical handicaps), the guide describes the Integrated Human Dynamics approach to fostering healthy child development and circumventing later problems that are built on a complex foundation of body memories, behavioral patterns, and stress. The book is divided into five major sections: (1) What It's All About; (2) The Innate Automatic Stage of Development; (3) The Motor-Perceptual Stage of Development; (4) The Perceptual-Motor Stage; and (5) The Perceptual Stage. Chapters are as follows: (1) "Learning from the Inside Out," on the human matrix and the damage of traumatic or negative events; (2) "Development and Stress," on how stress affects parenting and child development; (3) "Life before Birth," on the physiology of pregnancy and birth; (4) "The 'Fourth Trimester'," on neonatal adjustment and needs; (5) "The AHA! of Kinesthesia," on movement and visual perception in the first 2 years; (6) "Moving up in the World," on motor progression and orientation in space and time; (7) "Making Contact," on locomotion, grasping and reaching, and speech development; (8) "Systematic Exploration" (18 months to 4 years), on body awareness and social growth; and (9) "Ready for Action" (3 1/2 to 7 years), on completing motor generalizations, school readiness, and use of Ritalin for hyperactivity. Seven appendices contain chapter notes, case studies, comments on working with developmental therapists, guidelines for using the Integrated Motor Activities Screen (IMAS), and an 87-item bibliography. (ET)